

Supervision

Un-dressing time - 7-10 min.

Showers + dressing - 12-15 min.

minimums - Gym. - 5-7 : preparation.
Shower - 10-12 : return

Chap. 14.

Shower Rooms

location - Away from locker room.

rooms - 1) bathing.

2) drying purposes.

single showers - Central control

Water - warm, hot + cold.

Partitions 5'.

Bright 8'.

Ventilation - mechanical.

lighting - indirect.

plumbing - concealed.

tile - mosaic, grandithic, terrazzo (flor.)

- sloping floor to centre.

- walls - glazed tile

- showers - shoulder height.

- wall control.

sink - non-rust metal container.

liquid sink.

supervision - always.

organization - groups by student leaders.

1) showers

2) latrine

3) gym.

Showers + dressing - 7-12 min.

Swimming Pools

Basin

Swimming Pool Plant

- 1) The postroom - pool basin, runway about the basin, a gallery for visitors + office for instructors.
- 2) Service deck - dressing rooms, toilets, showers, lockers, office control - suits, tank.
- 3) Recirculation system - Pumps, filters, pipe connections to inlets & from outlets of pool, water heater, chlorinator or ultra - violet ray apparatus, motion cleaner.
- 4) Laundry - washing, sterilization of suits and towels.

Postroom -

II Sunkon Post -

- 1) Drillings to find out condition of ground.
- 2) Dry ground -
 - 1) shell - reinforced concrete
 - 2) scratch
 - 3) waterproofing
 - 3) tile.
- 3) Wet ground -
 - 1) shells - reinforced concrete.
- separated with tar + felt waterproofing
- held together by steel clamps
- tile.

II Suspended Pod . walls .

- 1) Outer steel shell - riveted + welded.
- 2) Inner shell - reinforced concrete.
- 3) Finished surface of tile .

lighting .

- 1) Plenty of windows .
- 2) Artificial lighting - indirect semi-indirect .
- 3) Protected .

Ventilation .

- 1) Summer - direct ventilation .
- 2) Winter - air cleaned + warmed by ventilation ducts .
- 3) electric fans - high on wall at end of pod - air against roof

Height .

Low dining - 12' high .

High dining - 22' high .

Walls + ceiling - Impervious tile .

Size + shape -

length + width - 100' x 30' or 40' .

- 60 necessary . 20 necessary .

- 8 ft . lanes .

- multiple of 5 .

- 8 ft . deep .

- 15 ft . deep for dining .

Finish - smooth - glazed or enameled
brick or ceramic tile.

Sun gutter - scum, expectation.

Ladders - brass, ceramic tile.

Markers - numerals 5' apart.
each post marked w. 1 dark tile.

Runway - 4' wide 9' wide at deep end
ceramic material.

1) pitch of floor.

2) a raised edge separating port from
runway.

- pitch drained directly into scum
gutter.

Edge - raised 1 ft. wide.
2-8" high.

Gallery - right away from pool.

Office - in view of pool.
metal desk + chair.

Dining room.

- boards - ash or hickory.
- 15' long - 18" wide.
- coco matting.
- " the head room.

Foot pools - 3-4" deep.

Dressing room - unit.

- 12 rooms, 24 lockers, 3 showers, 4 dressers

- Site - 1) Style & art .
2) Flexibility .
3) Size .
4) Finish of material .

Water Treatment .

- 1) Fill & drain . - Pool filled with water, used for given time - then emptied.
- 2) Circulation - Water enters 1 end, exits the other end .
- 3) Recirculation, filtration, sterilization .
Water drawn from pool, pumped thru heater, filters + sterilizers + returned clean to pool.
 - Continuous 24 hr.
 - 12 hr. if over - crowded .
 - Efficient + economical .Filtration allows the water .
Sterilizer sterilizes water .

Indets - 2 for pool more than 20' wide.
no "dead" corners .
- complete emptying of pool within
4 - 5 hr. time .

Filter, heater + sterilizer .

Strainer .

Heater .

Filter .

Sterilizer .

Filter

Sand + gravel layers.

Alum - co-agulation - cleaner.

Salt soda - softener.

Wash - reverse flow of H₂O. 45 min.

- every 2 days. 270 gall-min.
10 minutes.

sterilization

- 1) Chlorination . \$300 - 550 instl. \$1.00 uptake
- 2) Ultra-violet rays - no chemical.
\$400 - uptake expensive.
- 3) Ozonation - expensive, no residual bactericidal effect.
- 4) Hypochlorite of lime -

suction cleaner - good.

laundry

1. Washing - boiling water + chlorine - 15 min.
2. Rinsing - wash wheel - 15 min.
3. Drying - 15 min. - extract.
4. Drying - temp. 220° - 245° F.
5. Delivery - clean hampers + trucks.

control of diseases.

1. Intestinal infections
2. Eye + ear inflammations.
3. Dermorrhelial infections
4. Respiratory infections.

Annual - semi - annual exam.

I

- 1) Inspection of eyes, ears, nose - for inflammatory conditions.
- 2) Exam. of throat - teeth, tonsils, chronic inflammation.
- 3) Exam. of skin.
- 4) Stethoscopic exam. of heart & lungs.
- 5) Questions as to - typhoid, dysentery, pneumonia, sinus, pelvic organs.
- previous illnesses.

5 minutes if systematized.

I. Daily inspection

II. Shower + foot bath.

Stirilization:

1. Control of bathtubs
2. Cleaning, control & operation of
washroom & service lift.
3. Control of water
supply - heating,
filtration, sterilization.

Hints on personal cleanliness.

1. Use toilet before swim.
2. Cleansing shower - soap + warm water.
3. Swim in footpool - bacteria of street.
4. Wear bathing cap.
5. Keep swimming etc. in locker.
6. Inspectorate in swim gutter.
7. Don't enter pool with pool.
8. don't blow water through nose.

- dilute muriatic acid - extremes.

Spring

Program

Match See

(Hockey)	Group team sports.
(Badminton)	Individual team sports
(Archery)	Individual sports
(Dancing)	Miscellaneous
(Gym)	

Winter

<u>MON.</u>	<u>TUERS.</u>
(15) GYMN.	(16) FOLK-DANCE INC.
(16) SELF-TESTING(16) GAMES	

STUNTS
APP.
GAME SKILLS.

Fall

FRESHMAN

SOPH.

JUNIOR

SENIOR

①
G.
G.

②
A.
F

③
SWIMMING

④

⑤
HEALTH INSTRUCTION

Fall

Football
Hockey
Soccer
Archery
Gymnastics
Dancing

Winter

Basketball
Badminton
Stunts
Gymnastics
Apparatus
Dancing
- folk
- creative
Hockey
Soccer

Spring

Horse
Tennis
Archery
Baseball
Caving
Track & field

Outline

- A. Definitions
- B. Objectives
- C. Needs
- D. 5-point teaching situation.

Needs

- 1. Organization
- 2. Trained leadership.
- 3. Co-operation between home, school, physician.
- of countries & heads
- 4. Education of public opinion.

Williams - Bisticic rule Chapt. 4.

Interpreting these influences in terms of P.E. one may note the following:

- 1. P.E. is all not on a classic basis but on a developmental one, adequate for the needs of the individual.
- 2. Activity carried on in wholesome healthful environment affording the best opportunity possible.
- 3. Activity pervaded by the spirit of play + marked by joy & happiness.
- 4. Knowledge of the activity, so that the individual knows his obligations + may act in a co-operative fashion to attain goals that he has helped to set up.



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